

November 2018

# The Stall Street Journal

## American Diabetes Month

Diabetes is a chronic (long-lasting) disease that affects how your body turns food into energy.

Most of the food you eat is broken down into sugar (also called glucose) and released into your bloodstream.

Your pancreas makes a hormone called insulin, which acts like a key to let the blood sugar into your body's cells for use as energy.

If you have diabetes, your body either doesn't make enough insulin or can't use the insulin it makes as well as it should. When there isn't enough insulin or cells stop responding to insulin, too much blood sugar stays in your bloodstream, which over time can cause serious health problems, such as heart disease, vision loss, and kidney disease.

There isn't a cure yet for diabetes, but healthy lifestyle habits, taking medicine as needed, getting diabetes self-management education, and keeping appointments with your health care team can greatly reduce its impact on your life.

For more information please visit [www.cdc.gov](http://www.cdc.gov)



## Ways to Reduce Stress

These days it's hard not to get overwhelmed once in a while. Between juggling work, family, and other commitments, you can become too stressed out and busy. But you need to set time aside to unwind or your mental and physical health can suffer.

**Here are a few ways to manage stress:**

1. Exercise – Working out regularly is one of the best ways to relax your body and mind and will improve your mood.
2. Deep Breathing – Slowly take deep breaths in and out. Do this for 5 to 10 minutes at a time.
3. Eat Well – Your meals should be full of vegetables, fruit, whole grains, and lean protein for energy.
4. Take a Break – Plan on some real downtime to give your mind time off from stress. This may include; meditation, yoga, listening to your favorite music, or spending time in nature.
5. Make Time for Hobbies – Try to do something every day that makes you feel good, and it will help relieve your stress. This may include; reading, playing golf, watching a movie, doing puzzles, or playing cards and board games.

Source: webmd.com

## Turkey for Thanksgiving

### Benefits of Eating Turkey and Turkey Breast

- High in Protein
- Promotes Better Sleep
- Aids Weight Loss
- Packed with Selenium
- May Fight Depression



### Turkey Nutrition

Turkey nutrition is low in calories and carbohydrates but loaded with important nutrients like protein, selenium, phosphorus and riboflavin.

A three-ounce (84 grams) serving of turkey breast contains approximately: (14)

- 87 calories
- 3.6 grams carbohydrates
- 14.4 grams protein
- 1.5 grams fat
- 0.3 grams fiber
- 4.8 milligrams vitamin C (9 percent DV)

Turkey breast also contains some iron, potassium, zinc, thiamin and vitamin B6.

Source: draxe.com

## Daylight Saving Time Ends

**REMINDER: Ends 2:00 AM on Sunday, November 4**

Practicing a simple, life-saving habit of changing and testing the batteries in smoke alarms and carbon monoxide detectors when setting the clocks back for daylight saving time, could save your life.



The National Fire Protection Association reports that 71% of smoke alarms which failed to operate had missing, disconnected or dead batteries. This reinforces how important it is to take this time each year to check smoke and carbon monoxide detectors.

Source: energizer.com

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